

REVIEWS.

ÆQUANIMITAS; WITH OTHER ADDRESSES TO MEDICAL STUDENTS, NURSES AND PRACTITIONERS OF MEDICINE. By WILLIAM OSLER, M.D., F.R.S. Philadelphia: P. Blakiston's Son & Co., 1904.

THIS book may be regarded as the parting gift of its distinguished author to his professional brethren in America, and no valedictory could be more graceful or of more genuine value. The addresses contained in it cover a wide range, having been delivered on very different occasions, and before audiences of distinct types. Whether the address is to a body of students about to graduate, or nurses just entering upon their professional duties; to a group of students of medical history, or to a distinguished scientific body, it may always be counted upon to contain many of those precious pearls of wisdom which the greatest peripatetic teacher of his day always dispenses with such a generous hand. Most of them are, or ought to be, familiar to medical readers through the columns of the medical journals in which they have heretofore appeared, but this fact we are sure will make their appearance in book form all the more gladly welcomed. The longest article, that on "Medicine in the Nineteenth Century," appeared in the *New York Sun*, and was republished in book form in a symposium of articles on the progress made in various lines during the nineteenth century, apropos of the advent of the twentieth. It has accordingly reached somewhat the lay public for whom it was intended. It contains a most excellent summary of the progress made in medicine during its greatest centennial, but especial praise should be accorded to it because of the characteristic manner in which its author has presented to the layman the advantage he derives from all the wonderful achievements of medical science, and indicates their practical value to the world at large. In other words, Dr. Osler emphasizes not only the humanitarian but also the commercial value of the labors of medical science.

Of more academic interest is the paper on "Physic and Physicians in Plato," depicting the Greek physician as drawn by his contemporaries. Dr. Osler loves to hark back to whatever was best in the olden days, and this essay shows a love of its subject which beautifies and lends an interest to what to many of we moderns

would otherwise be as dry leaves. To every man in the profession the address on the "Masterword in Medicine" will have an infinite meaning. The masterword which opens the gate to success is "work." To him who hath it shall be given the due reward, but he who fails to achieve the masterword shall inevitably be cast into outer darkness. Another address is in the nature of a solemn warning against professional narrowness which unfortunately mars the breadth of view of so many otherwise excellent men. It is that on "Chauvinism in Medicine." It warns against narrowness, whether "national, provincial, collegiate, or personal." Among its great merits are the fearlessness with which it directs attention to several points in which professional narrowness manifests itself and the excellence and simplicity of the remedies for these conditions which it suggests.

In the several addresses to students contained in this volume there will be found a storehouse of wisdom of which it is sincerely to be hoped all generations of future doctors will avail themselves. The address from which the volume takes its title is an able disquisition on the advantage to the medical man of possessing imperturbability of mind. He urges the young man at the outset of his career to cultivate this faculty with assiduity, as its practice will be of the greatest value not only to him but to his patients. In another address to a student body entitled "Teacher and Student," he tells the young men to acquire first the Art of Detachment, second the Virtue of Method, third the Quality of Thoroughness, and lastly the Grace of Humanity. Dr. Osler's advice is couched in such graceful language and is of such evident wisdom that it is sure that many a reader as well as hearer must have felt a call to higher things as it reached his heart.

There are two addresses delivered to graduating classes of trained nurses, one called "Doctor and Nurse," the other "Patient and Nurse." The latter is the longer and will be read with interest not only by nurses and doctors, but also by any of the laity who may have been brought more or less in contact with the trained nurse.

There are several addresses delivered to the Association of Medical Librarians, and at the opening of medical libraries, which suffice to show Dr. Osler's great love for and acquaintance with books. At the end of the book is appended a list of ten books constituting a "Bedside Library for Medical Students." Let us hope that the words of so charming a guide will prompt at least a large proportion of students to adopt his suggestions for their literary pabulum. To this list we would like to add "*Æquanimitas*," by William Osler, a book which the sooner they become familiar with from cover to cover the better it will be for them.

F. R. P.